

21st Century Sailors and Marines



Command Level Health & Wellness Support

- SHIPSHAPE Weight Management
- Health Promotion and Wellness Training
- Tobacco Cessation Facilitator
- Classes and health promotion events with military support groups and military community based organizations
- DoD Work/Life Program support
- Health Risk Assessments
- Health Promotion program planning support in accordance with Surgeon General's "Blue H" Award for Command Excellence in Health Promotion



Resources

Navylifepnw.com Navy Region NW Fleet & Family Support Programs, Morale, Welfare and Recreation, Fitness Schedules.

MilitaryOneSource.mil 24/7 counseling and crisis services; online, face to face or telephonic options; health and wellness coaching, financial counseling.

Medlineplus.gov National library of health information; over 750 health topics; extensive information about drugs, herbs and supplements.

nmcphc.med.navy.mil/healthy_Living
Home site for Navy Health & Wellness from the Navy Marine Corps Public Health Center.

Familydoctor.org Health information for the whole family from the American Academy of Family Physicians.

Relay Health Naval Hospital's Online Medical Home Port lets you connect with your provider's office anytime, anywhere. Not signed up yet? Go to the Naval Hospital's website and click on the Medical Home Port button on the right side to register.

Ucanquit2.org You can quit tobacco. Online and telephone support is available 24/7.



Updated 22 May 2013



Promoting healthy lifestyles and
timely preventive medicine

NH Bremerton Health Promotion and Wellness (HPW) 2013

Classes and Resources



**Building a healthy life,
one habit at a time.**

To ensure your spot in class, please
contact the TRICARE Regional
Appointment Center (TRAC) at

1-800-404-4506



Health and Wellness Classes

Patient Education Clinic:

Interactive, lively classes give you the information and skills you need to see positive results!

- **Diabetes Prevention:** 1st Tuesday of the month 1 - 3pm (except 4 - 6pm Jul and Oct).
- **Healthy Shopping Tour:** 2nd Tuesday of the month 1 - 3pm (except 4 - 6pm Jul, and Oct). *Furlough changes: Jul 10 4-6pm; Aug 15 1-3pm; and Sep 11 1-3pm. Meet at the front of the NBK Bangor Commissary.
- **Heart Healthy Living:** 1st Wednesday of the month 1- 3pm (except 4 - 6pm Jun, Sep and Nov).
- **Meal Planning for Busy People:** 2nd Wednesday of the month 1- 3pm (except 4-6pm Jun, Sep and Nov).
- **Fitness Planning:** 3rd Wednesday of the month 1-3pm (4 - 6pm Jun, Sep and Nov). Wear workout gear.

New!

Living Well with Chronic Disease

Resources, lifestyle changes, and provider recommendations to help you manage your health concerns and live well. Held on the 2nd Thursday of even months 9-11am (Feb, Apr, Jun, Aug, Oct, Dec).

Diabetes Self Management Classes (DSME)

Held monthly 1-4pm (except 4-7pm Aug, and Oct).

- **Introduction to Diabetes:** 1st Thursday.
- **Diabetic Meal Planning:** 2nd Thursday.
- **Medications and More:** 3rd Thursday.

There are no DSME classes in December.



Patient Education Clinic (cont):

Baby Basics

Two-session class for expectant parents. Held on the 3rd and 4th Thursday of "odd months" (November class will scheduled for the 2nd and 3rd Thursday due to the holiday).

Class 1: Meet the New Parent Support Team; Orientation to infant car seats.

Class 2: Q & A with pediatrician; Infant safety topics.

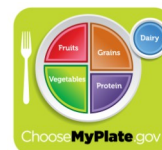
OB-GYN Clinic:

Childbirth Education Classes

Classes are held on the first 3 Wednesdays of each month followed by a class on breast feeding on the 4th Wednesday. (July classes slid one week later due to holiday) The classes are also available on one Saturday each month. Saturday class does not include the breast feeding class. (Jun 22, Jul 20, Aug 24, Sep 21, Oct 19, and Nov 13)

Nutrition Clinic:

- **Introduction to Nutrition:**
1st Friday of each month 1-3pm,
3rd Friday of each month 9-11am.
- **Prenatal Nutrition:**
1st Wednesday of each month 9 –10am.
- **Gestational Diabetes:** (with referral from provider) Every Wednesday 10-11am.
- **Bariatric Eating** (with referral from dietitian)
2nd Friday of "even" months 1-3pm (Jun, Aug, Oct, Dec).
- **Irritable Bowel Syndrome (IBS)** (with referral from provider) 2nd Thursday of "odd" months: 9-11am (July, Sep, Nov).



Medical nutrition appointments are available by referral from your health care provider.

**Appointments for weight management begin with attendance at "Introduction to Nutrition" class, with follow-up appointments available at least two weeks later with a registered dietitian.

Support When You Need It

Tobacco Cessation Clinic: Individual and group support is available to help you quit and stay quit for good!

Car Seats are Confusing! Contact HPW for an appointment with a certified child passenger safety technician to help you install your child's seat correctly.

Cancer Support Survivors and Caregivers are welcome. We meet in the Wellness Center on the last Tuesday of each month at 5pm.

Bariatric Support "Every Bite Counts": Afternoon group meets at 3:30pm on the 3rd Tuesday of each month in the Wellness Center. Our evening group meets there at 6pm on the 1st Tuesday of each month.

Diabetes Updates: Keep up to date on the latest information and get encouragement from peers. Held the second Monday of each month in the Wellness Center from 1230-2pm. (Oct and Nov third Monday due to Holidays)

Reaching Goals: Are you working towards a healthier lifestyle? We support each other on our journey each Monday at 4:30pm in the Wellness Center. (cancelled Jul-Sep due to furlough)

To register for classes, please call the TRICARE Appointment Line at
1-800-404-4506

For more information, please call:

Patient Education	360-475-4541
Nutrition:	360-475-4541
OB/GYN:	360-475-4209
Tobacco Cessation:	360-475-4818